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Good for You

Count: 32 **Wall:** 4 **level:** Upper Beginner

Choreographer: Liz Gardiner (AUS) February 2017. Version 1

Music: Good for You by Jason Owen

Album: Proud (2:39 mins) BPM (106)

Starts on vocals, weight on left.

Direction: CW

Video Link: <https://youtu.be/l5ZuxlOBWZg>

S1:, FWD, 1/4 L PIVOT, FWD, 1/4 L PIVOT, WALK, WALK, SHUFFLE

1,2,3,4 Step R forward, 1/4 pivot L, Step R forward, 1/4 pivot L,
5,6,7&8 Walk R, Walk L, Shuffle RLR (6:00)

S2:, ROCK, RECOVER, 1/2 L SHUFFLE, HEEL & HEEL & CROSS, HEEL JACK

1,2,3&4 Rock L forward, Recover R, Turn 1/2 L shuffling LRL (12.00)
5&6, Touch R heel forward at 45°, Step R together, Touch L heel forward at 45°,
&, 7, &, 8 Step L together, Cross R over L, Step L to L side, Touch R heel forward at 45°

S3:, 1/4 L TWIST, 1/2 R TWIST, SHUFFLE, FWD, 1/4 L PIVOT, FWD, 1/4 L PIVOT

&1,2,3,4 Drop R toes down taking weight, Twist 1/4 L (wgt L), Twist 1/2 R (wgt R), Shuffle LRL
(3.00)
5,6,7,8 Step R forward, 1/4 pivot L, Step R forward, 1/4 pivot L, (9:00)

S4:, WALK, WALK, STEP, TOG, TOG, BACK, 1/2 R STEPPING FWD, FWD, STOMP, STOMP #

1,2,3&4 Walk R, Walk L, Step R forward, Step L beside R, Step R beside L (9.00)
5,6, 7&8 Step L back. Turn 1/2 R stepping R forward, Step L forward, Stomp R beside L,
Stomp L beside R (3:00)

Tags are at the end of Wall 3 and 5. Add the first 4 counts of the dance.

1,2,3,4 **FWD 1/4 L PIVOT, FWD, 1/4 L PIVOT**

The dance finishes on wall 7. Dance to count 24 and add - Step R forward, Sharp 1/2 L pivot to the front (12.00)

Enjoy!

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Latest Update – 25th February 2017